

OCTOBER 3RD
2026

POREČ - ISTRIA - CROATIA

Istria

P O R E Č

RIDE
YOUR
LIMITS

300

ROADBOOK

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Dear participants, dear guests,

Year after year, Istria300 continues to demonstrate the power of sport to bring people together, while also contributing to the attractiveness and international recognition of the destination. We are proud that Valamar is once again supporting Istria300 as its main partner – an event that brings cycling enthusiasts from all over the world to Istria and gives them the opportunity to experience its beauty in a truly special way – on two wheels. Through continuous investment in cycling infrastructure, specialised services and facilities, Valamar, together with its partners, aims to create even better conditions for active holidays while contributing to the sustainable development of the destinations in which we operate. Istria300 is a prime example of how a high-quality sporting event can simultaneously create value for participants, the local community and the destination.

Željko Kukurin
President and CEO of Valamar Riviera

VALAMAR

Dear participants and guests of Poreč,

Poreč proudly welcomes the sixth edition of Istria300 – the ride that has placed our city and Istria on the global cycling map. From the very beginning, we believed that this idea would grow into an event that not only promotes sport and tourism but also connects people from all over the world – which today, I would say, is the most important. Poreč is a city of openness and hospitality, and from the next officially the European town of sport. And Istria300 proves that every year by choosing Poreč as its starting and finishing point. Our trails, coastline, hinterland, and rich cultural heritage provide an unforgettable setting in which everyone feels welcome. I wish you to take with you from Poreč and Istria the best of experiences once again this year.

Loris Peršurić
Mayor of the City of Poreč



Istria300 is the crowning achievement of our long-standing efforts to develop cycling tourism in the region. This project not only brings a world-class sporting spectacle to the shoulder season, but also positions Istria alongside Europe's most renowned cycling destinations. We are delighted that our peninsula welcomes such a large number of participants from all over the world every year, giving them the opportunity to discover the beauty of our hinterland, coastline and rich cultural heritage as they ride through Istria. The Istria Tourist Board is a proud partner of Istria300, and our mission is to ensure that every participant and visitor experiences the genuine hospitality of Istria, while further establishing Istria year after year as an unmissable destination on the global cycling tourism map.

Denis Ivošević
Director of the Istria Tourist Board



Cycling and cycle tourism are becoming increasingly important segments of the tourism offering, both in Europe and in Croatia. Their development is an important part of our efforts to further strengthen year-round tourism. An increasing number of travelers are seeking active stays in nature, authentic experiences and sustainable forms of travel, and cycle tourism brings together sport, a healthy lifestyle and the opportunity to discover the natural highlights of a destination in the best possible way. In this context, Istria300 holds particular significance. This internationally recognized event showcases the diversity of Croatia's largest peninsula in an attractive way.. The Croatian National Tourist Board recognizes the value and potential of this project, as well as its contribution to the development of cycle tourism, the extension of the main tourist season and the further strengthening of Croatia as an attractive and safe destination for outdoor tourism.

Kristijan Staničić
Director of the Croatian National Tourist Board



TOP 5 HIGHLIGHTS OF POREČ



POREČ'S RESTAURANTS

Poreč's restaurants will not fail to impress you with their selection of creative dishes. Try specialties with Adriatic fish, crabs and shellfish, Istrian prosciutto (cured ham), spring delicacies with wild asparagus and autumn gastro-creations with aphrodisiac truffles. Sommeliers recommend white wines such as Istrian Malvazija (Malmsey), Chardonnay, White and Grey Pinot and red wines such as Teran, Merlot and Cabernet Sauvignon.

POREČ – A CITY WITH A THOUSAND-YEAR HISTORY

By entering into the historic core of Poreč, you have stepped onto an over 2,000-year-old stage. The 400 m long and 200 m wide peninsula was divided by ancient surveyors into insulas, plots of land allocated to housing, public institutions, and temples, and intertwined in a regular street network. The major part of this grid plan has been preserved along with the ancient names of its longest parallel and perpendicular Decumanus and Cardo Maximus streets. You can visit the Euphrasian Basilica, Romanesque house, Istrian Assembly Hall, the great Temple of Neptune...

EUPHRASIAN BASILICA

The most valuable cultural property in Poreč, the Euphrasian Basilica, was registered on the list of UNESCO World Heritage Sites in 1997. The early Christian compound is the only complete landmark in the world preserved from that period. Built during the time of Bishop Euphrasius in the 6th century, it includes an atrium, baptistery, bishop's palace, mosaics and remains of sacral buildings dating from the 3rd to the 4th centuries. The mosaics that decorate the church's inside and facade are considered a valuable bequest of Byzantine art, and thanks to the floor mosaics and preserved writings, the periods of its construction and renovation can be read.

CYCLING

If you are an avid cyclist, Poreč is the destination for you. Those who love nature will surely equally enjoy the bike paths stretching along the seashore, and those who go through the rural hinterland and Mediterranean forests alongside the ruins of castles, prehistoric hill forts, churches and rustic villas. The pleasure of cycling can surely be found on the trail that the professional cyclists whizzed through on the second section of the world elite race, the Giro d'Italia. Well-marked routes are at the disposal of all cyclists, who can choose easier or more challenging routes based on their ability. An exciting history and beautiful panoramas will reward your every effort, and everything starts and ends in – Poreč!

EXPERIENCE POREČ 365 DAYS

Lulled into the Mediterranean climate, our territory is an ideal stay location throughout the year. Winter, spring, summer and autumn take turns and numerous entertainment and fun opportunities... You will be delighted by long paths by the sea made for walks, friendly chatter, bike rides or recreational jogging. There are established bike routes through untouched nature, inviting you to explore them. Everything is there, the traditional Istrian cuisine offered by your hosts, new modern interpretations of local dishes for slow food fans, excellent world-class wines and olive oils, natural beauties, preserved cultural heritage, and numerous reasons for outdoor stay. All the above is only one part of what Poreč and its surroundings offer. If on business, there are several superbly equipped congress halls followed by some relaxation in one of our wellness centres. It is easy to be our guest...

THE ISTRIA300 HOST CITIES

FUNTANA

Welcome to Funtana, a picturesque fishing town that captivates with its unique charm and natural beauty. Nestled along the indented coastline between Poreč and Vrsar, Funtana is the perfect destination with its mild climate, crystal-clear sea, and a bathing season that lasts from May to October.

Known for its excellent campsites and diverse tourist offerings, Funtana attracts an increasing number of satisfied visitors each year. With beautiful beaches, superb gastronomy, a nautical marina, and the warm hospitality of its residents, Funtana offers a unique experience that makes it one of the most desirable destinations on the Adriatic.

Welcome to Funtana – a place where every moment becomes an unforgettable experience!

LABIN - RABAC

The medieval town of Labin is situated on the hill above Rabac, just 5 kilometers from the crystal-clear sea and white pebbled beaches. The Renaissance and Baroque patrician palaces characterize a picturesque core of the old town, preserved walls, a loggia and the town gate, animated by several art ateliers. The People's Museum preserves the town's mining history, while the artist is praised in Dubrova, the park of sculptures made by leading world sculptors. Moreover, the destination offers various outdoor activities, such as cycling, walking, diving, sailing, hiking, stand-up paddling and horse riding.

TAR-VABRIGA

Tar-Vabriga is located between the tourist centers of Poreč and Novigrad, offering their charm close at hand but also nurturing their authentic offer dominated by olive growing and fishing, the hospitality of the local people and the tradition passed down from generation to generation. The old town nuclei of Tar and Vabriga are recognizable by their stone houses with landscaped courtyards that hide historical stories and occasional water wells. At the same time, the taverns lure with their fireplaces.

VRSAR

Located on the west coast of Istria, at the very entrance to Lim Bay, Vrsar is a place of magical sea views, vibrant colours and typical Mediterranean beauty. While preserving its fishing tradition and rich historical heritage, Vrsar has attracted tourists and artists for decades. The destination offers year-round sports opportunities such as cycling, hiking or running. More than 40 kilometer of well-maintained trails are in the protected forest of Kontija. Sports climbing with unforgettable views from the cliffs of Lim Bay or diving and rowing in the Vrsar water area round off the sports offer.



PARENZANA



Parenzana was a 123,1 km, long narrow-gauge railway line, connecting 33 places in Istria, from Trieste to Poreč. The railroad meant life for the region. Slow train was puffing every day through hilly, carrying passengers, salt, olive oil, fruit, vegetables, Istrian stone, lime, flour and wine.

The railway line was opened in 1902 and closed in 1935, until 2002 when an idea appeared for the future project designated as "Parenzana - The Route of Health and Friendship". Today Parenzana is a famous bicycle route that gathers bicycle lovers from all Europe.

Due to rough surface in some places, the trail is suitable for mountain bikes, but not for road and trekking bikes.



www.parenzana.net/en

www.facebook.com/Parenzana

www.instagram.com/parenzana.istria



PARENZANA

NATION STATISTICS

	Austria	2561		Russian Federation	2
	Slovenia	561		South Africa	2
	Germany	510		Yemen	1
	Croatia	420		Bulgaria	1
	Czech Republic	142		Canada	1
	Italy	99		Montenegro	1
	Hungary	60		Curaçao	1
	Slovakia	39		Ecuador	1
	United Kingdom	30		Greece	1
	Serbia	26		France	1
	Poland	21		Kenya	1
	Netherlands	20		Mozambique	1
	Bosnia and Herzegovina	18		Monaco	1
	Switzerland	18		Namibia	1
	Romania	12		Nigeria	1
	United States of America	7		Norway	1
	Belgium	5		Philippines	1
	Ireland	5		Portugal	1
	Argentina	3		Finland	1
	Brazil	3		Sweden	1
	Denmark	3		Timor-Leste	1
	Spain	3		Ukraine	1
	Mexico	2		China	1
	Liechtenstein	2			

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YOUR
LIMITS

! Total number
of registered
participants

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Istria300 Event Director Julius Rupitsch, Deputy Mayor of the City of Poreč Nataša Basanić Čuš, Mayor of the City of Poreč Loris Peršurić, Tourist Board Director of Poreč Nenad Velenik, Istria300 Race Director Vladimir Miholjević

Welcome to Poreč! Welcome to Istria300!

It is a great pleasure to welcome you to the 6th edition of Istria300. This year, more than 4,500 cyclists from 47 countries will come together in Poreč to share their passion for cycling and take on their own personal challenge on the roads of Istria.

Over the past months, our team has been working hard to prepare another unforgettable edition. Building on the experience of previous years and the valuable feedback from our participants, we continue to develop Istria300 while staying true to what makes the event so special: spectacular roads, a unique atmosphere and the freedom to Ride Your Limits.

None of this would be possible without the invaluable support of our partners Valamar, HEP, Poreč, the Istrian Tourist Board, the Croatian National Tourist Board, the Ministry of Tourism and Sport of the Republic of Croatia and the Istrian Police. Together, we are proud to offer you an exceptional cycling experience in Poreč and across Istria.

We wish you a safe and memorable ride, plenty of great moments along the way and a wonderful stay in Poreč. Enjoy every kilometre – and we hope to welcome you back for the next edition of Istria300 on October 2, 2027.

Istria300 | Ride Your Limits

Best regards

Julius Rupitsch
Istria300 Event Director

Vladimir Miholjević
Istria300 Race Director



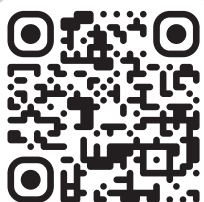
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CAMPS 2027

27. März - 03. April 2027
03. April - 10. April 2027 - hohe Nachfrage
10. April - 17. April 2027
17. April - 24. April 2027 - hohe Nachfrage
24. April - 01. Mai 2027

GRAVEL CAMP

Mai 2027

Nimm an unseren Rennrad-Camps teil und erlebe ein unvergessliches Abenteuer!
Mit unserem Rundum-Sorglos-Paket bieten wir dir nicht nur perfekt ausgewählte Routen, sondern auch erstklassigen Service.
Unsere deutschsprachigen Guides sind bestens informiert, sodass du dich voll und ganz auf das Radfahren konzentrieren kannst.
Genieße die Freiheit, die Natur zu erkunden, während wir uns um alle Details kümmern.
Lass dich von unserer Leidenschaft für den Radsport anstecken und erlebe unvergessliche Momente in einer motivierenden Gemeinschaft!


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LOVES
BIKE

Istria300 Ladies

Istria300 Ladies is a dedicated initiative to support women in cycling and inspire them to take part in cycling events. Our goal is to increase female participation and enhance the visibility of women in road cycling. The program is backed by several passionate female cyclists and offers a range of services created especially for women.

Join the movement and discover the highlights of the Ladies program on page 18.



At the event

Chat & connect + tips & tricks
by the Istria300 Ladies Squad

Me Cycling jersey
Istria300 Ladies edition

Pink Starter bag
Istria300 Ladies edition

Violet bib number
Istria300 Ladies edition

Designated toilets & services for women
Including wet wipes & tampons

GLE
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**OFFICIAL
ISTRIA300
LADIES
JERSEY**

Istria

P O R E Č

ladies

300



Join the Social Ride

with the Istria300 Ladies Squad

The Social Ride is the perfect opportunity for all female Istria300 participants to get their legs moving ahead of Saturday's event. It's also a great chance to meet fellow riders and share the road together.

The ride starts at the Poreč Bike Center, where state-of-the-art road bikes are available for rent if needed.

Thursday, October 1st, 2026

Start chat & connect: 14:30, ride afterwards

Meeting point: Bike Center Poreč, Pical 1, 52440 Poreč, next to the Valamar Parentino Hotel

Distance: 45 km (Group 1: 20-22km/h; Group 2: 22-24km/h; Group 3: >25km/h), no-drop policy

Athletes and visitor information

Before the Start of Istria300

Istria300 Registration

The Istria300 registration point is located in a large white tent right on the Adriatic Sea, next to Obala Maršala Tita. For more details, please refer to the Istria300 Location Plan on pages 20–21. Our team is happy to assist you in Croatian, German, Slovenian, English, Italian, and French.

Istria300 Registration requirements & Registration Procedure

Please bring the following documents to registration:

1. Registration confirmation
2. Official ID

Both the registration confirmation and the ID are mandatory to collect your starter kit. Note: Only personal pick-up is permitted.

Make sure you know your bib number when you arrive at registration. At registration, you will receive your starter kit, which includes a wristband with a QR code. Afterwards, you can collect your official Alé Cycling Istria300 event jersey and any other merchandise items you purchased during registration. **Wearing your wristband is mandatory during the Istria300. It will be checked when you enter the starting blocks, and the QR code on it serves as your voucher for your finisher meal.**

Bib & Timing

Your starter kit includes three bib numbers. Attach the smaller number to your handlebar, the larger number to the back of your jersey, and the third bib to your seatpost. **All three bibs must be used during the event.**

Istria300 Registration opening hours

For registration opening hours, please refer to the program on page 18. **Please note:** Istria300 Registration is closed on Saturday. Starter kits cannot be picked up on that day.

Official Merchandise Shop & Participant Gift

The official Istria300 Merchandise Tent is located right next to the Registration Tent at the Istria300 Expo. Your participant gift is the official Alé Cycling Istria300 event jersey, which you collect together with your starter kit.

Istria300 Merchandise Opening Hours

For merchandise opening hours, please refer to the program on page 18.

Istria300 Jersey and Pre-Sale Merchandise exchange

You can exchange your jersey and any pre-sale merchandise (purchased online) at the Istria300 Merchandise Tent during merchandise opening hours.

Information Desk

The information desk is located next to the Istria300 Merchandise Tent and is open during the Information opening hours listed in the program on page 18.

Bike Parking

If you ride your bike to the Istria300 Registration and Expo, you can temporarily store it in the Istria300 Bike Parking Area at the western end of Obala Maršala Tita (marker 9 on the Istria300 Location Plan, pages 20–21). Bike Parking is open during Istria300 Expo opening hours.

Bike Service powered by Bike Center Poreč

Basic bike service is available during the Bike Service opening hours listed in the program on page 18.

Toilets

Portable toilets are located behind the Istria300 Registration (marker 7 on the Istria300 Location Plan, pages 20–21). On the day of Istria300, additional toilets are available at the entrances to starting blocks 2 and 3 (see Istria300 Starting Blocks on page 23).

On the day of Istria300

Start Block allocation

The start is organized into four starting blocks.

Block	Bib number	Entrance
VIP	1-199	Front entrance
Starting block 1	1000 - 1999	Old town entrance
Starting block 2	2000 - 3999	Old town entrance
Starting block 3	4000 - 5999	Back entrance

For details, see Istria300 Starting blocks on page 23.

Starting in a block ahead of your allocated one is prohibited and will result in a 30-minute penalty added to your official time (enforced by the timing team). You may, however, voluntarily start in a later block at any time. Each starting block entrance is marked with a signpost for guidance.

Course Selection & Intersections

You may switch to the Istria209 or Istria135 course at any point. At intersections, you will find inflatable route markers. Follow the purple arrows for the Istria135 course, blue arrows for the Istria209 course, and black arrows for the Istria300 course.

Istria300 Feed zone

In total, there are six feed zones. For more details, please refer to Istria300 Feed Zones on pages 36–37.

Litter zone

Please dispose of your garbage only within 50 meters before and 50 meters after each Istria300 feed zone. We kindly ask that you do not pollute other parts of the course and help us protect the Istrian environment.

Medical service

Medical services are available throughout the event. On Saturday, an ambulance will be stationed in the Istria300 event area all day, and additional ambulances will circulate along the courses. A doctor will be present in every ambulance.

Toilets on the Course

Toilets are available at every Istria300 feed zone. Designated women-only toilets are also provided, equipped with wet wipes and tampons, and attended by female staff.

Technical Support on the Course

Technical support is available at every Istria300 feed zone.

Time limits – Cut off's

For information on time limits for each of the three courses, please refer to the respective map in this roadbook and scan the QR code with your phone.

Broom Car

If you are unable to continue riding, please wait for the broom car directly on the course. Participants and bicycles will be transported back to Poreč in separate vehicles.

Emergency Number

In case of an emergency (accident, first aid, technical issue, etc.) on the course, you can call **+385 99 848 7176** at any time. We recommend saving this number on your phone and keeping it with you during the ride.

Shuttle to the Fan Zone Žminj

A shuttle bus will take visitors from Poreč to the Fan Zone Žminj and back on Saturday, 3 October.

Departures from Poreč: 07:45 · 09:45 · 12:45

Return from Žminj: 08:45 · 11:45 · 14:45

Travel time approx. 45 min

More information: istria300.com

After the Finish of Istria300

Finisher Meal

Celebrate your successful Istria300 finish with a well-deserved meal! Choose from pasta with tomato, truffle, or bolognese sauce. Simply use the QR code on your wristband to claim your meal.

Results

Live results are available on the homepage at www.istria300.com. Your digital Istria300 Finisher Certificate is available for download directly after you cross the finish line on Saturday.

Istria300 Award Ceremony

The Istria300 award ceremony takes place at the Expo on Stage 1. The top three finishers (male and female) of each course will receive awards.

Photo Service

Event photographers will capture participants along the course. Photos will be available for purchase at www.finisherpix.com after the event. Links will also be posted on Istria300 social media and sent via newsletter.

SMS Service

All participants will receive an SMS with their finisher time.

Toilets

Portable toilets are available near the Istria300 Expo. For details, see the Istria300 Location Plan on pages 20-21.

Printed Istria300 Finisher certificates

On Sunday, the day after the event, participants can pick up a printed Istria300 Finisher Certificate at the Istria300 Merchandise Tent.

Istria300 Program

From Sunday, September 27 to Wednesday, September 30, 2026*

Guided tour @ Bike Center Poreč
free of charge for all Istria300 participants

10:00

Thursday, October 1, 2026*

Istria300 Dawn Patrol @ Bike Center Poreč	05:30
<i>free of charge for everyone</i>	
Istria300 Registration & Information	13:00 – 18:30
Istria300 Merchandise & Expo	13:00 – 18:30
Istria300 Bike Service powered by Bike Center Poreč	13:00 – 18:30
Istria300 Ladies Squad chat & connect + tips & tricks @ Bike Center Poreč	14:30
"Get your legs ready" – Ladies Social Ride**	
@ Bike Center Poreč	afterwards
Istria300 Ladies Squad presentation on the stage	17:30

Friday, October 2, 2026*

Istria300 Registration & Information	10:30 – 20:30
Istria300 Merchandise & Expo	10:30 – 18:30
Pre-sale merchandise exchange at the Istria300 Merchandise Tent	16:00 – 20:30
Istria300 Bike Service powered by Bike Center Poreč	10:30 – 20:30
Social Ride with the Istria300 Ambassadors @ Bike Center Poreč	13:00
Istria300 Ambassador & VIPs on the stage	17:00

Saturday, October 3, 2026*

Bike Service powered by Bike Center Poreč	06:00 – 07:00
Istria300 Information	06:00 – 19:00
Start Istria300	07:00
Registration Istria300 Mini	08:00
Istria300 Mini	08:30 – 10:00
Istria300 Merchandise & Expo	09:00 – 19:30
Pre-sale merchandise exchange at the Istria300 Merchandise Tent	09:00 – 19:30
Istria300 Partner Zone @Valamar Riviera Hotel	17:00 – 21:00
Istria300 Finisher Meal	11:00 – 21:00
Last Finisher Istria300	19:05
Istria300 Award ceremony	19:10

Sunday, October 4, 2026*

Recovery ride @ Bike Center Poreč	10:00
<i>free of charge for all Istria300 participants</i>	
Pre-sale merchandise exchange at the Istria300 Merchandise Tent	10:00 – 13:00
Istria300 Merchandise	10:00 – 13:00
Hand out of the printed Istria300 Finisher certificate at the Istria300 Merchandise stand	10:00 – 13:00

From Monday, October 5 to Friday, October 9, 2026*

Guided tour @ Bike Center Poreč
free of charge for all Istria300 participants

10:00

*Modifications possible

** Access female participants only

DISCOVER YOUR STORY AT croatia.hr

Full of bike routes

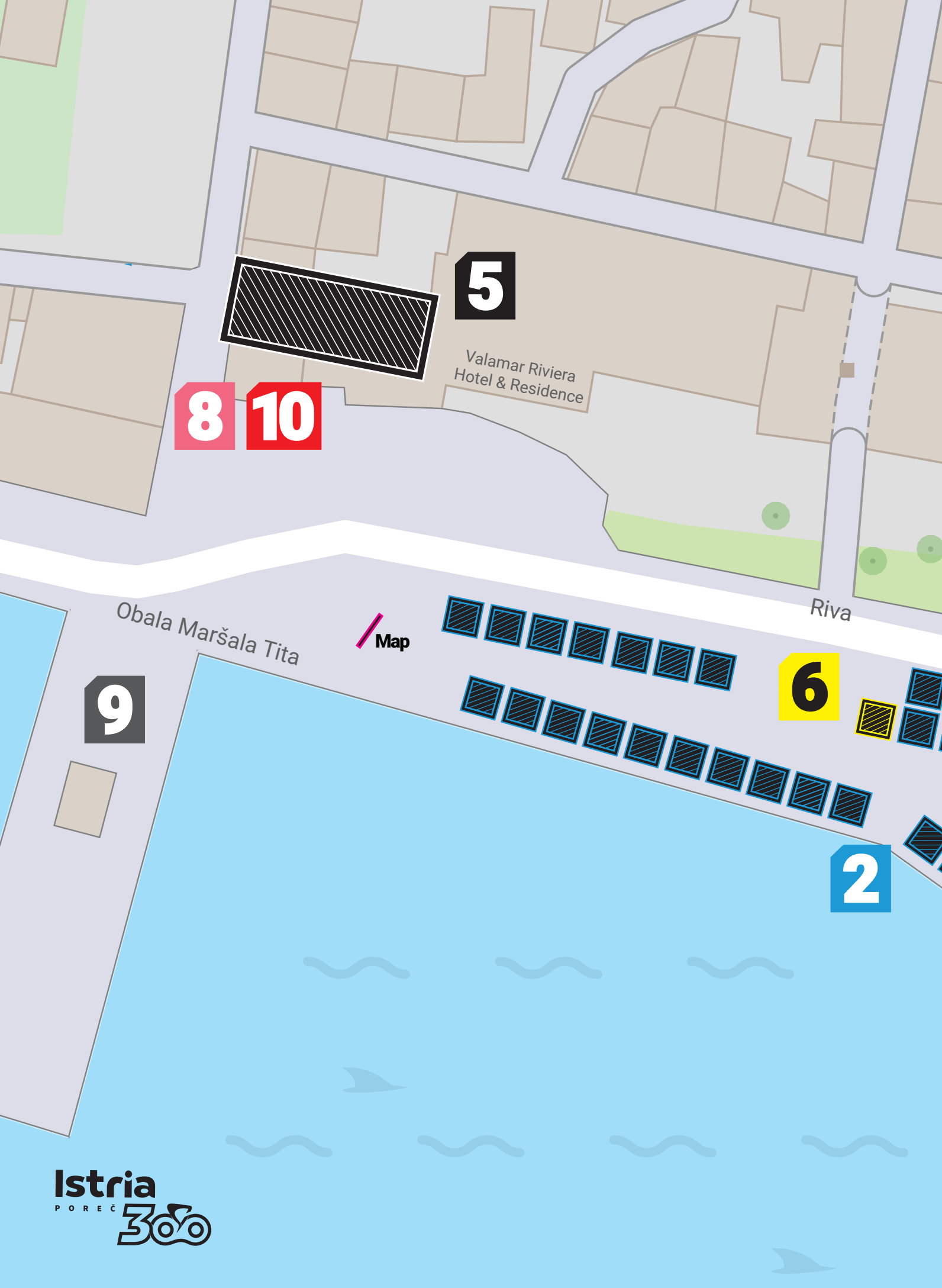
Don't fill your life with days, fill your days with life.


CROATIA
Full of life

PHOTO: JULIEN DUVAL

PHOTO: DEJAN HREN





Location plan

POREČ

- 1 Stage
- 2 Expo
- 3 Merchandise
- 4 Registration & Finisher Meal
- 5 Istria300 Partner Zone
- 6 Official Bike Service
- 7 Toilets
- 8 Refreshment Zone
- 9 Bike parking
- 10 First Aid



BIKE CENTER POREČ

BIKE RENT

THEMATIC BIKE PARK

TRANSFERS & TOURS

COMPLETE SERVICE

PARENZANA TRAIL

bikecenterporec.com

Starting blocks

SCAN
for access direction



Entrance
BLOCK

VIP

**Bib number
1-199**

Front entrance

SCAN
for access direction



Entrance
BLOCK

1

**Bib number
1000 - 1999**

Old town entrance

SCAN
for access direction



Entrance
BLOCK

2

**Bib number
2000 - 3999**

Old town entrance

SCAN
for access direction



Entrance
BLOCK

3

**Bib number
4000 - 5999**

Back entrance



Istria

POREČ

300

3.10.2026.

RIDE YOUR LIMITS



[ **302 km** –  **5,300 m**]

DISTANCE ELEVATION GAIN



[ **209 km** –  **3,300 m**]

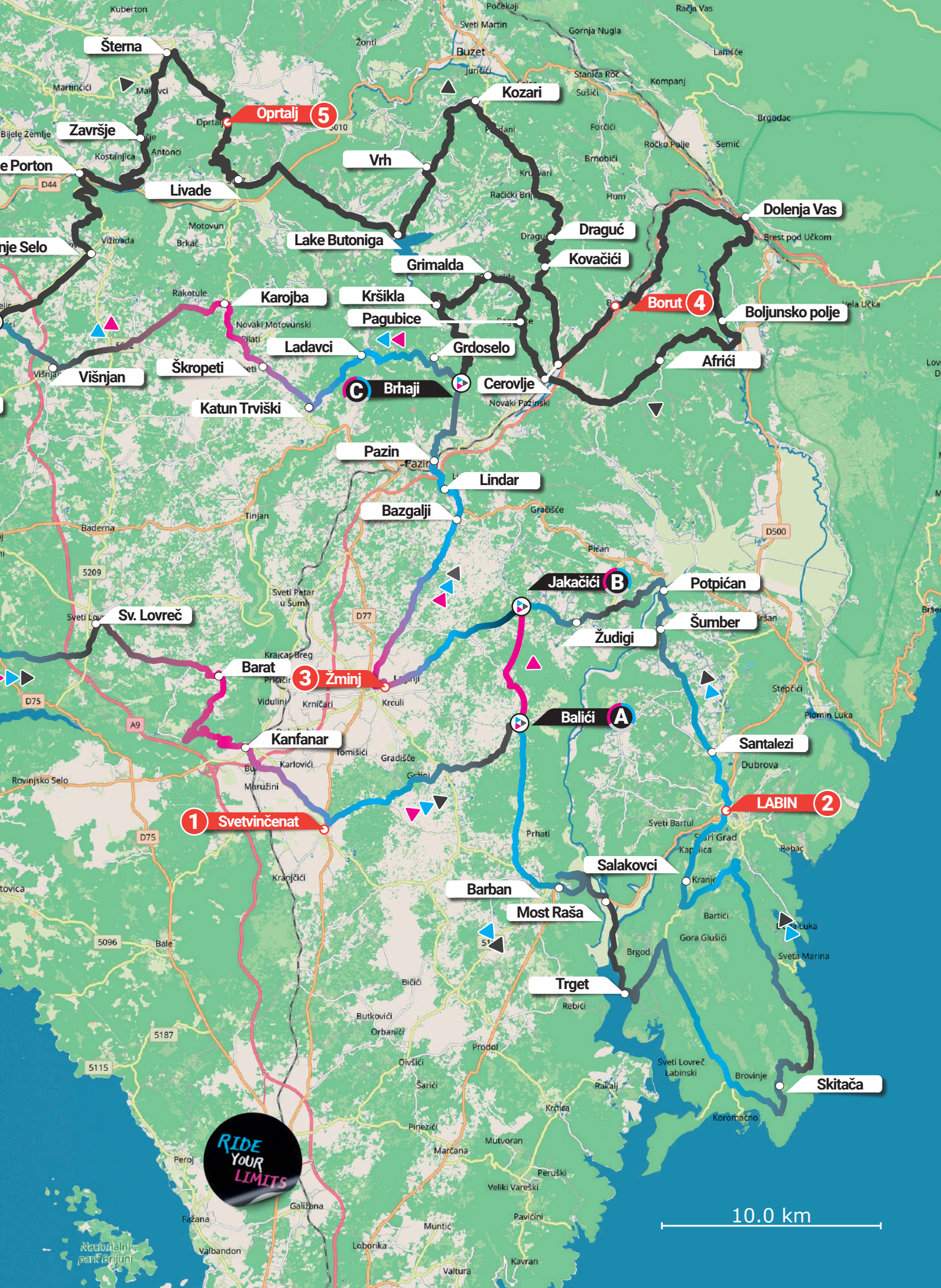
DISTANCE ELEVATION GAIN



[ **134,5 km** –  **1,800 m**]

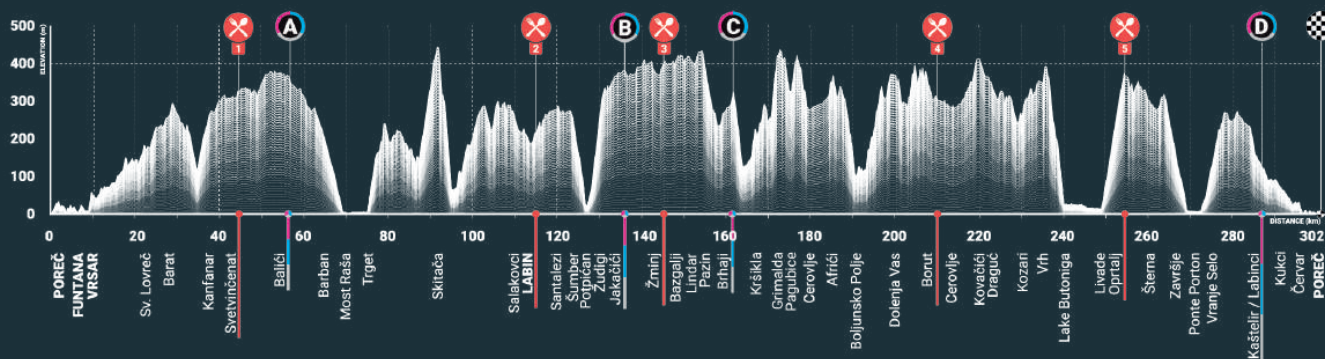
DISTANCE ELEVATION GAIN

[ **START FINISH** –  **FEED ZONES** –  **INTER SECTION** –  **ISTRIA300 COURSES**]

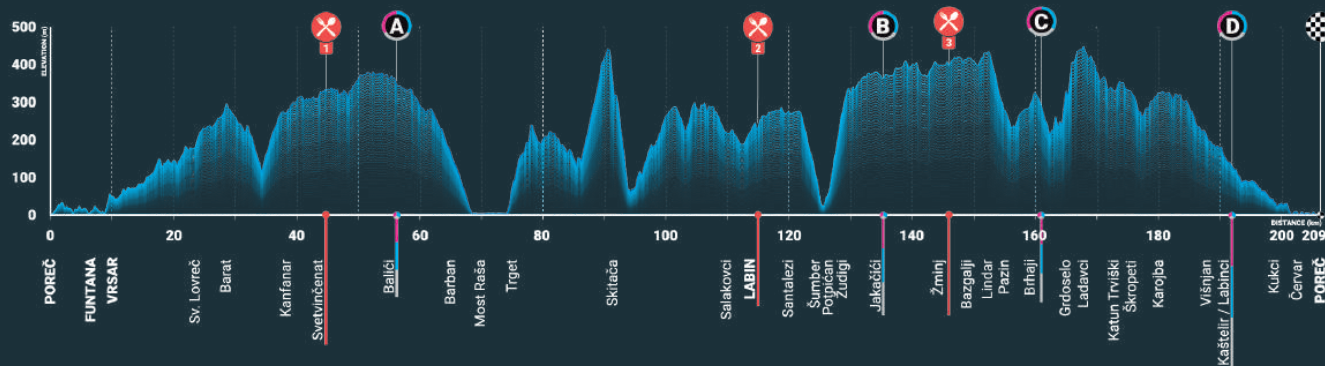


Altitude profiles

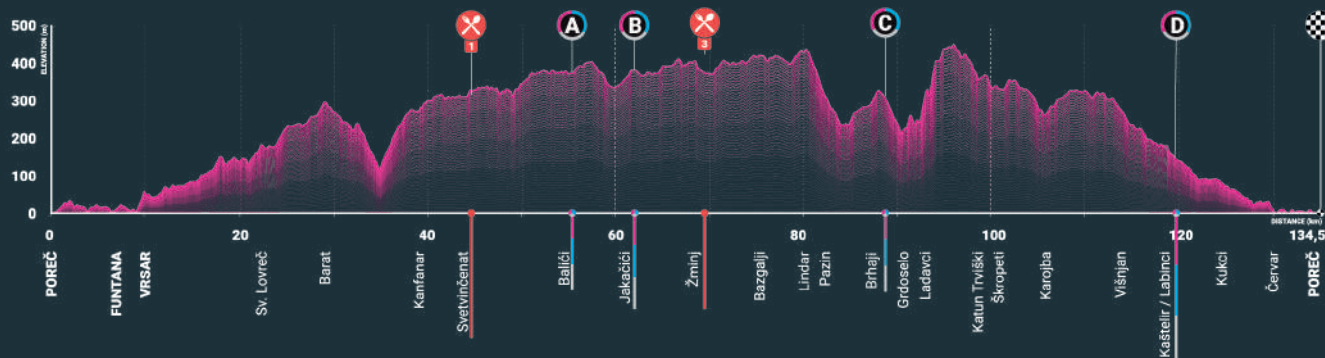
Istria
POREČ 300



Istria
POREČ 200

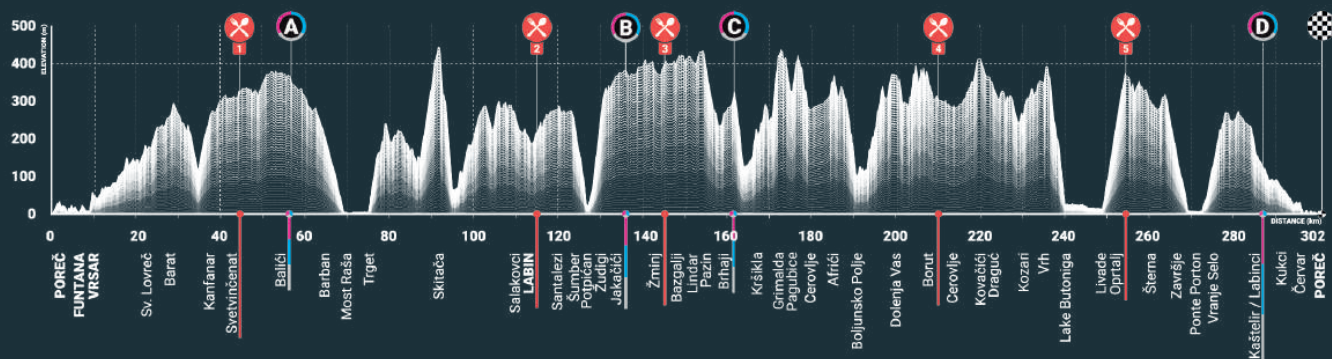


Istria
POREČ 135



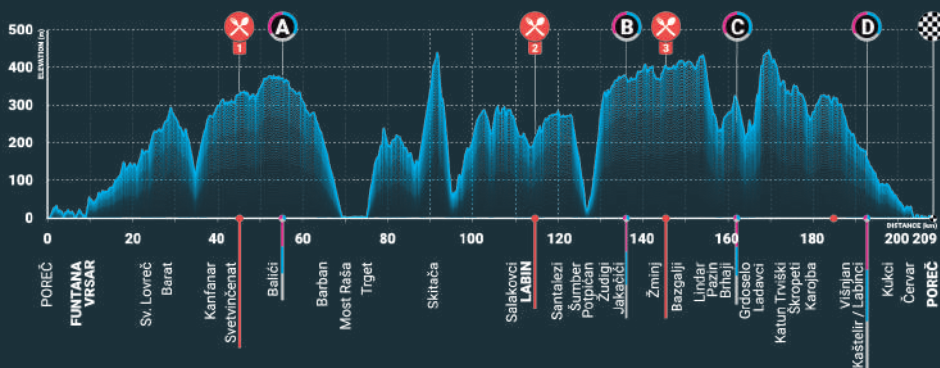
▶ **302 km**
DISTANCE

▲ **5,300 m**
ELEVATION GAIN



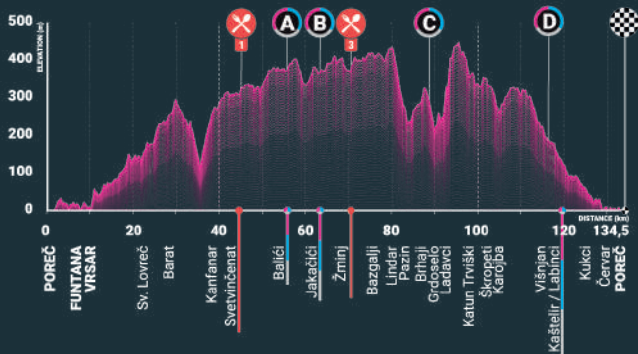
▶ **209 km**
DISTANCE

▲ **3,300 m**
ELEVATION GAIN



▶ **134,5 km**
DISTANCE

▲ **1,800 m**
ELEVATION GAIN



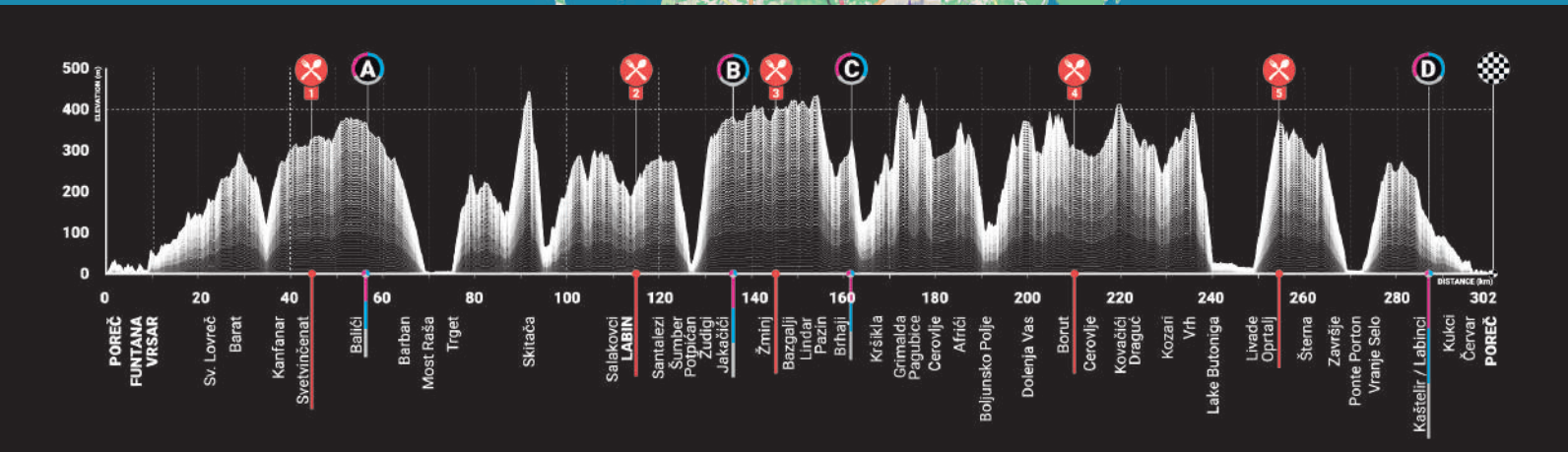
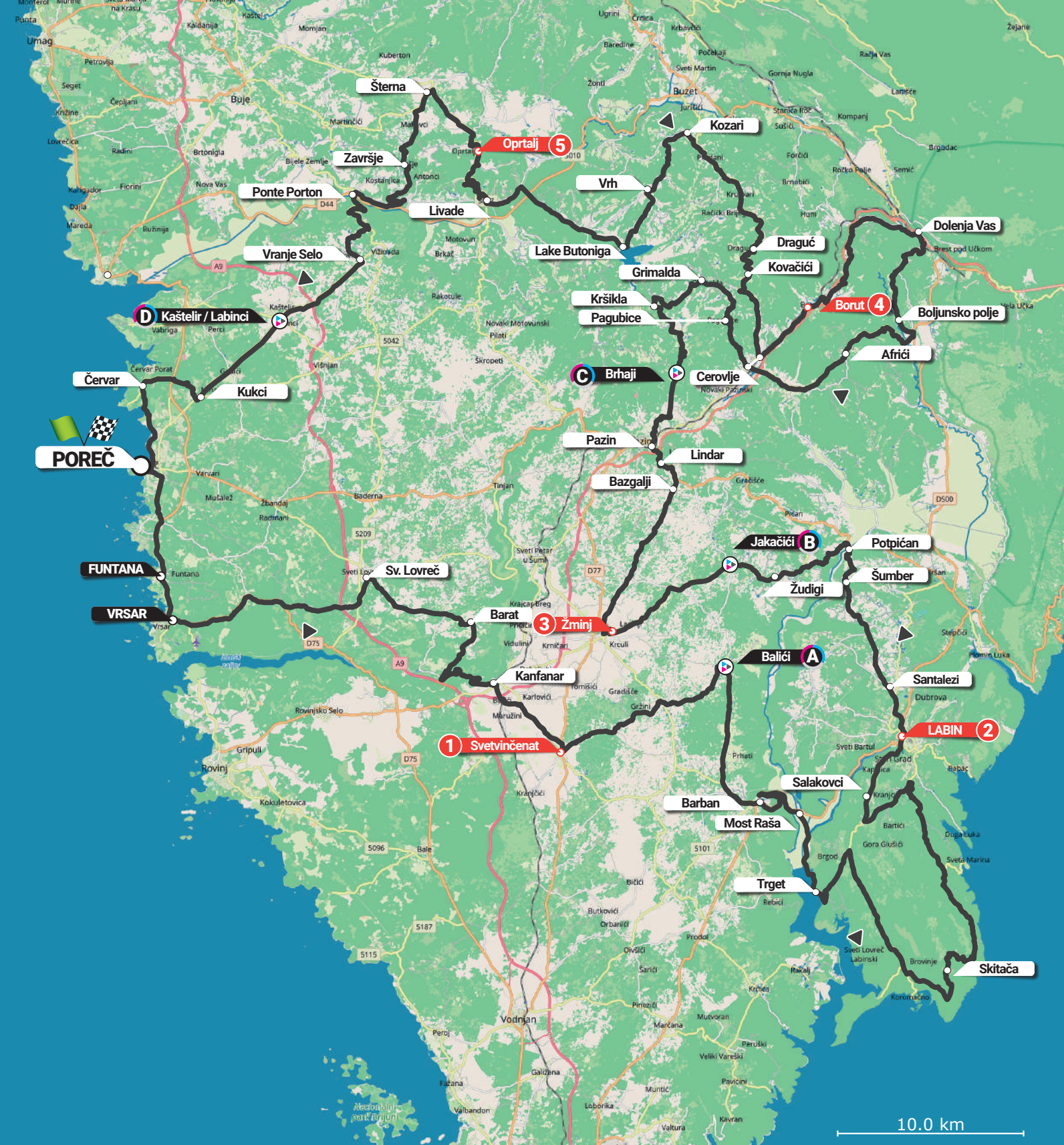
No.	COVERED km	PARTIAL km	km TO COVER	INFO	DIRECTION	LOCATION	AVERAGE SPEED - km/h		
							35	30	25
LINE-UP FOR START							6:00		
1	0,0	0,0	302,0		▲	POREČ - START	7:00	7:00	7:00
2	7,0	7,0	295,0		▲	FUNTANA	7:10	7:10	7:10
3	10,0	3,0	292,0		▲	VRSAR	7:14	7:15	7:15
4	22,5	12,5	279,5		►	Sv. Lovreč	7:32	7:35	7:37
5	29,0	6,5	273,0		►	Barat	7:42	7:46	7:49
6	39,0	10,0	263,0		▲	Kanfanar	7:58	8:06	8:12
7	44,0	5,0	258,0		◄	Svetvinčenat - FEED ZONE 1	8:05	8:14	8:22
8	55,5	11,5	246,5		►	Balići - INTERSECTION A	8:22	8:33	8:45
9	64,5	9,0	237,5		▲	Barban	8:33	8:46	8:59
10	70,5	6,0	231,5		►	Most Raša	8:40	8:53	9:06
11	75,5	5,0	226,5		▲	Trget	8:47	9:00	9:15
12	92,0	16,5	210,0		▲	Skitača	9:30	9:55	10:31
13	110,0	18,0	192,0		►	Salakovci	10:17	10:55	11:54
14	117,0	7,0	185,0		▲	LABIN - FEED ZONE 2	10:35	11:19	12:26
15	120,5	3,5	181,5		▲	Santalezi	10:40	11:25	12:33
16	125,0	4,5	177,0		▲	Šumber	10:47	11:32	12:42
17	127,5	2,5	174,5		◄	Potpićan	10:50	11:36	12:46
18	130,0	2,5	172,0		▲	Žudigi	10:57	11:44	12:56
19	136,5	6,5	165,5		▲	Jakačiči - INTERSECTION B	11:15	12:06	13:22
20	144,0	7,5	158,0		►	Žminj - FEED ZONE 3	11:26	12:18	13:36
21	151,5	7,5	150,5		▲	Bazgalji	11:37	12:31	13:51
22	155,0	3,5	147,0		▲	Lindar	11:42	12:37	13:58
23	157,5	2,5	144,5		◄	Pazin	11:45	12:41	14:02
24	162,5	5,0	139,5		►	Brhaji - INTERSECTION C	11:53	12:49	14:12
25	168,5	6,0	133,5		▲	Kršikla	12:02	12:59	14:24
26	173,0	4,5	129,0		▲	Grimalda	12:09	13:07	14:32
27	176,5	3,5	125,5		◄	Pagubice	12:15	13:13	14:39
28	180,0	3,5	122,0		▲	Cerovlje	12:20	13:19	14:46
29	186,5	6,5	115,5		▲	Afrići	12:31	13:30	14:59
30	192,5	6,0	109,5		◄	Boljunsko Polje	12:40	13:40	15:10
31	200,5	8,0	101,5		◄	Dolenja Vas	12:56	13:59	15:31
32	211,5	11,0	90,5		▲	Borut - FEED ZONE 4	13:17	14:24	16:00
33	215,5	4,0	86,5		►	Cerovlje	13:23	14:31	16:08
34	220,5	5,0	81,5		▲	Kovačiči	13:30	14:40	16:18
35	222,5	2,0	79,5		▲	Draguč	13:33	14:43	16:21
36	231,5	9,0	70,5		◄	Kozari	13:45	14:56	16:36
37	237,0	5,5	65,0		◄	Vrh	13:53	15:04	16:45
38	241,5	4,5	60,5		►	Lake Butoniga	13:58	15:10	16:51
39	250,0	8,5	52,0		►	Livade	14:11	15:24	17:06
40	256,0	6,0	46,0		▲	Oprtalj - FEED ZONE 5	14:29	15:47	17:36
41	261,5	5,5	40,5		◄	Šterna	14:37	15:56	17:46
42	267,0	5,5	35,0		▲	Završje	14:44	16:05	17:57
43	274,0	7,0	28,0		◄	Ponte Porton	14:54	16:15	18:08
44	277,5	3,5	24,5		►	Vranje Selo	15:04	16:27	18:23
45	286,5	9,0	15,5		▲	Kaštelir/Labinci - INTERSECTION D	15:16	16:41	18:39
46	293,0	6,5	9,0		►	Kukci	15:25	16:51	18:50
47	297,0	4,0	5,0		◄	Červar	15:30	16:57	18:57
48	302,0	5,0	0,0		▲	POREČ - FINISH	15:37	17:04	19:05

Please note: The timing schedule is provided for orientation only and is not linear. The official cut-off times apply independently of the times shown in the schedule.

Cut off Istria300

No	Location	Kilometer	Time	Note
1	Balići – INTERSECTION A	55,5	09:30	After this time, ride in open traffic or redirection on Istria135
2	Brhaji – INTERSECTION C	162,5	13:45	After this time, ride in open traffic or redirection on Istria209
4	Livade	250,0	17:15	After this time, ride in open traffic
5	Ponte Porton	274,0	18:00	After this time, ride in open traffic
6	Poreč – RACE FINISH	302,0	19:05	

Cut-off numbers refer to fixed locations and are identical for all three courses. Numbers not listed do not apply to this course.





Energija koja pokreće Hrvatsku

HEP Više od
struje



No.	COVERED km	PARTIAL km	km TO COVER	INFO	DIRECTION	LOCATION	AVERAGE SPEED - km/h		
							37	30	20
LINE-UP FOR START							6:00		
1	0,0	0,0	209,0		▲	POREČ - START	7:00	7:00	7:00
2	7,0	7,0	202,0		▲	FUNTANA	7:10	7:10	7:13
3	10,0	3,0	199,0		▲	VRSAR	7:14	7:14	7:18
4	22,5	12,5	186,5		►	Sv. Lovreč	7:33	7:34	7:47
5	29,0	6,5	180,0		►	Barat	7:42	7:44	8:02
6	39,0	10,0	170,0		▲	Kanfanar	7:58	8:01	8:26
7	44,0	5,0	165,0		◄	Svetvinčenat - FEED ZONE 1	8:06	8:10	8:38
8	55,5	11,5	153,5		►	Balići - INTERSECTION A	8:23	8:28	9:06
9	64,5	9,0	144,5		▲	Barban	8:33	8:40	9:22
10	70,5	6,0	138,5		►	Most Raša	8:39	8:46	9:31
11	75,5	5,0	133,5		▲	Trget	8:46	8:54	9:42
12	92,0	16,5	117,0		▲	Skitača	9:24	9:49	11:05
13	110,0	18,0	99,0		►	Salakovci	10:05	10:49	12:35
14	117,0	7,0	92,0		▲	LABIN - FEED ZONE 2	10:22	11:12	13:10
15	120,5	3,5	88,5		▲	Santalezi	10:26	11:18	13:18
16	125,0	4,5	84,0		▲	Šumber	10:32	11:25	13:29
17	127,5	2,5	81,5		◄	Potpican	10:35	11:29	13:35
18	130,0	2,5	79,0		▲	Žudigi	10:40	11:36	13:46
19	136,5	6,5	72,5		▲	Jakačići - INTERSECTION B	10:53	11:55	14:16
20	144,0	7,5	65,0		►	Žminj - FEED ZONE 3	11:03	12:06	14:34
21	151,5	7,5	57,5		▲	Bazgalji	11:13	12:16	14:52
22	155,0	3,5	54,0		▲	Lindar	11:18	12:22	15:01
23	157,5	2,5	51,5		◄	Pazin	11:22	12:25	15:07
24	162,5	5,0	46,5		◄	Brhaji - INTERSECTION C	11:28	12:33	15:19
25	165,0	2,5	44,0		◄	Grdoselo	11:32	12:37	15:25
26	168,0	3,0	41,0		►	Ladavci	11:36	12:42	15:33
27	173,5	5,5	35,5		►	Katun Trviški	11:50	13:00	16:01
28	176,5	3,0	32,5		▲	Škropeti	11:54	13:05	16:10
29	180,5	4,0	28,5		◄	Karojba	11:59	13:12	16:22
30	189,5	9,0	19,5		►	Višnjan	12:12	13:27	16:42
31	193,5	4,0	15,5		◄	Kaštelir/Labinci - INTERSECTION D	12:17	13:33	16:52
32	199,5	6,0	9,5		►	Kukci	12:26	13:43	17:06
33	204,0	4,5	5,0		◄	Červar	12:32	13:50	17:16
34	209,0	5,0	0,0		▲	POREČ - FINISH	12:39	13:58	17:27

Please note: The timing schedule is provided for orientation only and is not linear. The official cut-off times apply independently of the times shown in the schedule.

Cut off Istria209

No	Location	Kilometer	Time	Note
1	Balići – INTERSECTION A	55,5	09:30	After this time, ride in open traffic or redirection on Istria135
2	Brhaji – INTERSECTION C	162,5	14:45	After this time, ride in open traffic
3	Katun Trviški	173,5	15:30	After this time, ride in open traffic
6	Poreč – RACE FINISH	209,0	19:05	

Cut-off numbers refer to fixed locations and are identical for all three courses. Numbers not listed do not apply to this course.



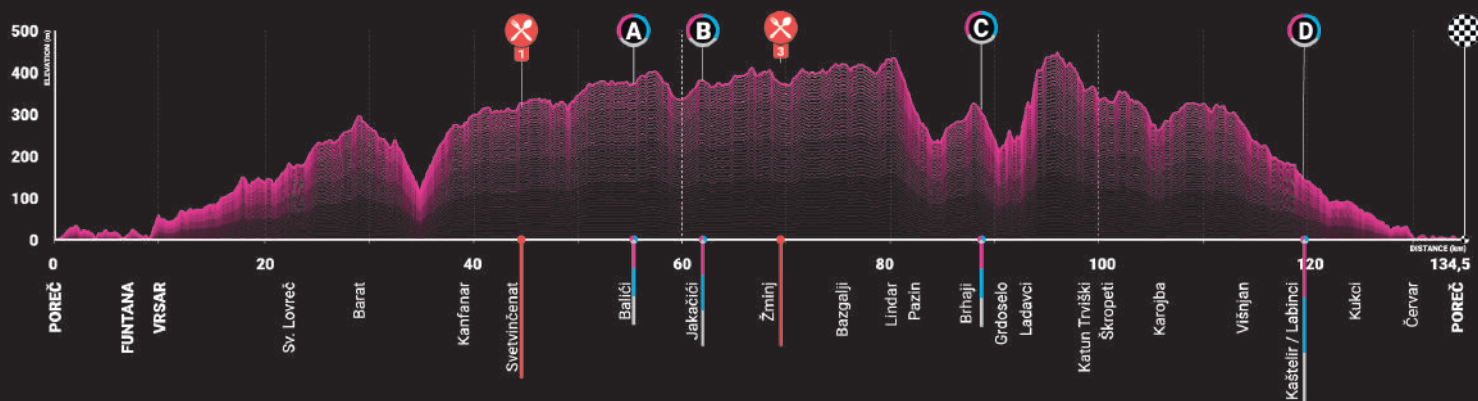
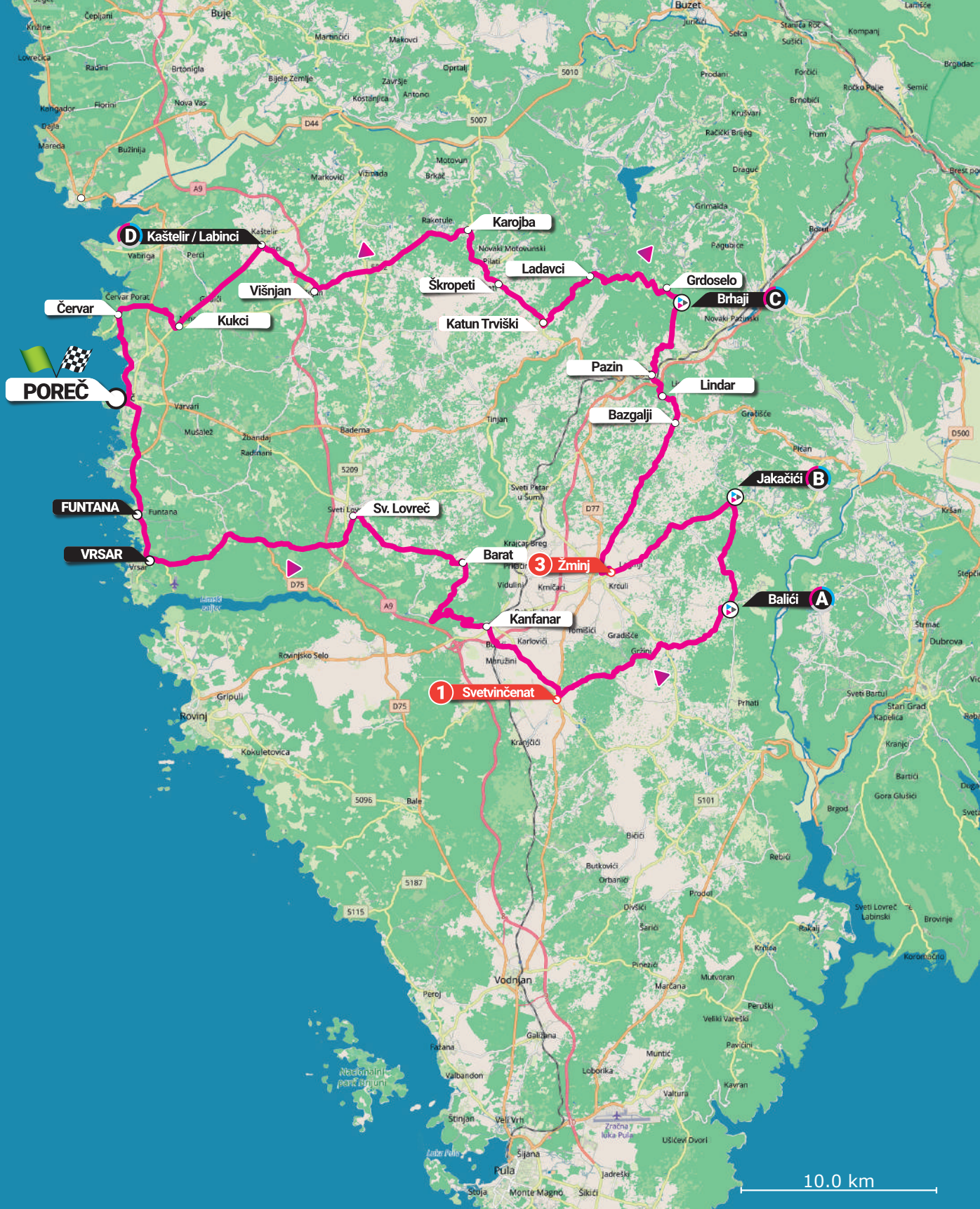
No.	COVERED km	PARTIAL km	km TO COVER	INFO	DIRECTION	LOCATION	AVERAGE SPEED - km/h		
							40	30	20
LINE-UP FOR START							6:00		
1	0,0	0,0	134,5		▲	POREČ - START	7:00	7:00	7:00
2	7,0	7,0	127,5		▲	FUNTANA	7:10	7:10	7:12
3	10,0	3,0	124,5		▲	VRSAR	7:14	7:14	7:17
4	22,5	12,5	112,0		►	Sv. Lovreč	7:32	7:44	7:54
5	29,0	6,5	105,5		►	Barat	7:42	7:59	8:14
6	39,0	10,0	95,5		▲	Kanfanar	7:56	8:21	8:49
7	44,0	5,0	90,5		◄	Svetvinčenat - FEED ZONE 1	8:03	8:32	9:03
8	55,5	11,5	79,0		◄	Balići - INTERSECTION A	8:22	8:57	9:44
9	62,0	6,5	72,5		◄	Jakačiči - INTERSECTION B	8:32	9:11	10:07
10	69,5	7,5	65,0		►	Žminj - FEED ZONE 3	8:44	9:27	10:33
11	77,0	7,5	57,5		▲	Bazgalji	8:55	9:43	11:00
12	80,5	3,5	54,0		▲	Lindar	9:00	9:50	11:12
13	83,0	2,5	51,5		◄	Pazin	9:04	9:56	11:21
14	88,0	5,0	46,5		◄	Brhaji - INTERSECTION C	9:11	10:06	11:39
15	90,5	2,5	44,0		◄	Grdoselo	9:15	10:10	11:45
16	93,5	3,0	41,0		►	Ladavci	9:19	10:15	11:52
17	99,0	5,5	35,5		►	Katun Trviški	9:33	10:31	12:14
18	102,0	3,0	32,5		▲	Škropeti	9:37	10:36	12:23
19	106,0	4,0	28,5		◄	Karojba	9:42	10:43	12:34
20	115,0	9,0	19,5		►	Višnjan	9:54	10:58	12:56
21	119,0	4,0	15,5		◄	Kaštelir/Labinci - INTERSECTION D	10:00	11:04	13:05
22	125,0	6,0	9,5		►	Kukci	10:08	11:14	13:20
23	129,0	4,0	5,5		◄	Červar	10:14	11:20	13:29
24	134,5	5,5	0,0		▲	POREČ - FINISH	10:21	11:29	13:43

Please note: The timing schedule is provided for orientation only and is not linear. The official cut-off times apply independently of the times shown in the schedule.

Cut off Istria135

No	Location	Kilometer	Time	Note
1	Balići – INTERSECTION A	55,5	10:00	After this time, ride in open traffic
2	Brhaji – INTERSECTION C	88,0	14:45	After this time, ride in open traffic
3	Katun Trviški	99,0	15:30	After this time, ride in open traffic
6	Poreč – RACE FINISH	134,5	19:05	

Cut-off numbers refer to fixed locations and are identical for all three courses. Numbers not listed do not apply to this course.



Istria300 Feed zones



All courses (all three distances) will include feed zones at regular intervals, where **4ENDURANCE 2:1** isotonic drinks, energy gels and soft energy bars, water, coke and bananas will be offered. At selected feed zones, additional food options will be available as well.

All feed zones are organized by local partner clubs, who share the enthusiasm for road biking with the Istria300 participants. Bottle exchange at feed zones is not offered as a measure to protect the Istrian environment.

Your starter pack contains one free Istria300 bidon.

2:1 LINE

- 2:1 glucose (maltodextrin) to fructose ratio
- 30 g carbohydrates per serving
- 100 mg sodium per serving
- Designed for targeting 60–90 g carbs/hour
- Light taste

4ENDURANCE

2:1 GEL

Fast-absorbing carbohydrate gel designed for quick and convenient energy intake during training and racing. Smooth texture and lighter taste for easier consumption during intense efforts.

2:1 BAR

Soft energy bar delivering both fast and steady energy. Ideal for rides when solid fueling is preferred.

2:1 DRINK

Isotonic carbohydrate drink developed for sustained energy and hydration support during long-duration exercise. Light and refreshing taste, easy to drink during long efforts.

FEED ZONE Nr.	Feed Zone 1	Feed Zone 2	Feed Zone 3	Feed Zone 4	Feed Zone 5	Feed Zone 6
LOCATION	Svetvinčenat	Labin	Žminj	Borut	Oprtalj	Poreč
COVERED KM	44,0 km	117,0 km	144,0km 69,5km	211,5 km	256,0 km	Finish line
COURSE	300, 209, 135	300, 209	300, 209, 135	300	300	300, 209, 135
4ENDURANCE 2:1 GEL	✓	✓	✓	✓	✓	✗
4ENDURANCE 2:1 BAR	✓	✓	✓	✓	✓	✗
Bananas	✓	✓	✓	✓	✓	✓
Tramezzini	✗	✓	✓	✓	✓	✗
Potatoes	✗	✓	✓	✓	✓	✗
4ENDURANCE 2:1 DRINK	✓	✓	✓	✓	✓	✗
XIXO Cola	✓	✓	✓	✓	✓	✓
Water	✓	✓	✓	✓	✓	✓
HELL Energy drink	✗	✓	✓	✓	✓	✗
Bidon exchange	✗	✗	✗	✗	✗	✗

Local Partner Clubs





4ENDURANCE



SAVE 15%

PROMO CODE: **ISTRIA15**



Istria

P O R E Č

mini 300

OCTOBER
3RD

FROM 8:30
TO 10:00

After the Istria300 participants have started in Poreč, the starting area will turn into the children's stage.

In the Istria300 Mini, children are invited to complete a 300-metre course with obstacles on a running bike or a bicycle. The children will have all the time they need to complete the course at their own comfortable pace.

All children will receive a starter pack and an Istria300 Mini Medal.

It is recommended that children bring their own bikes and helmets.

Wearing a helmet is mandatory. For children without helmets and/or bicycles, Valamar will provide free woom® bikes through the Bike Center Poreč.

Starting fee
FREE OF CHARGE

Recommended age
2-16

Registration at the
registration desk
FROM 08:00

mini

Istria300 Awards

When designing and developing Istria300, our goal was always to merge Istria's rich cultural heritage with the world of cycling. That's why it made perfect sense to draw inspiration from both historical and contemporary elements for the awards.



The Kažun

Istria135 Award

Southern Istria is dotted with "kažuni", small round stone cottages topped with conical roofs and tiny doors, their bright white stone glistening in the sun. These structures offered shelter to shepherds and farmers who worked outdoors all day to sustain their families. Seen from above, the circular stone roofs of a Kažun resemble a bicycle cassette.

The Boškarin

Istria209 Award

The Boškarin, Istria's native ox with its impressive horns, has long been a vital part of local farming. It is among the oldest cattle breeds in the world, historically used for ploughing fields and hauling carts. By the 1990s, the breed faced the risk of extinction, but a dedicated conservation program successfully revived its population.

The Truffle

Istria300 Award

Known as "the gold of Istria", truffles are a prized delicacy on the peninsula. While excellent truffles can be found almost all year, the most coveted variety, the white truffle, or Tuber magnatum pico, arrives in autumn. Motovun is at the heart of this truffle region. Fun fact: late September and October are ideal for tasting fresh white truffles!



Istria
POREČ
300

October 7th
2023 POREČ
CROATIA

2.

Istria
POREČ
155

VISIT THE ISTRIA300 EXPO



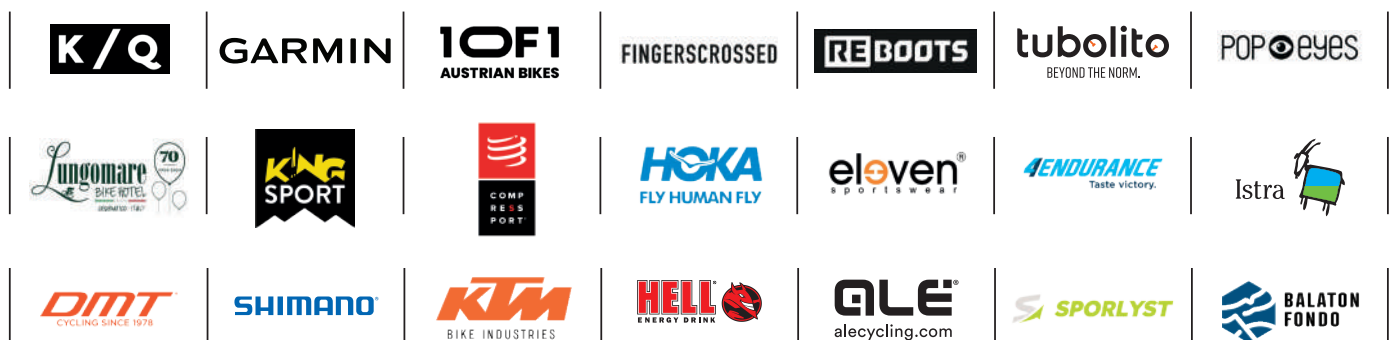
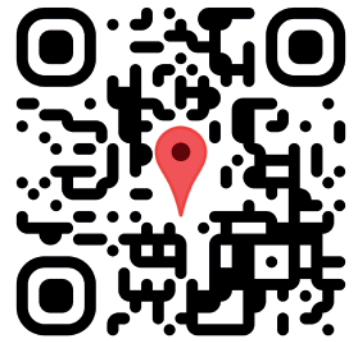
Istria300 Exhibitors

The Istria300 Expo is another highlight for all road bike fans – besides the Istria300! This year, you can visit the most prominent bike expo in Croatia! Look forward to renowned bike brands and service providers from the worldwide road bike scene.

Get the latest news and special offers at the Istria300 Expo!

Opening hours

See Istria300 Expo opening hours on page 18.



Istria300 Merchandise

**OFFICIAL
ISTRIA300
JERSEYS**

GLE
alecycling.com



At Istria300 Merchandise, we offer a range of high-quality products, including the Istria300 Alé Cycling Prime collection. This comfortable and performance-oriented line is designed to fit all body types. It is made from innovative fabrics that are lightweight and breathable. The fit is ergonomic without being tight, making it one of Alé Cycling's most popular collections. You will also find a variety of branded Istria300 t-shirts and jackets, including a unique t-shirt for this year's Istria300 edition.

Opening hours

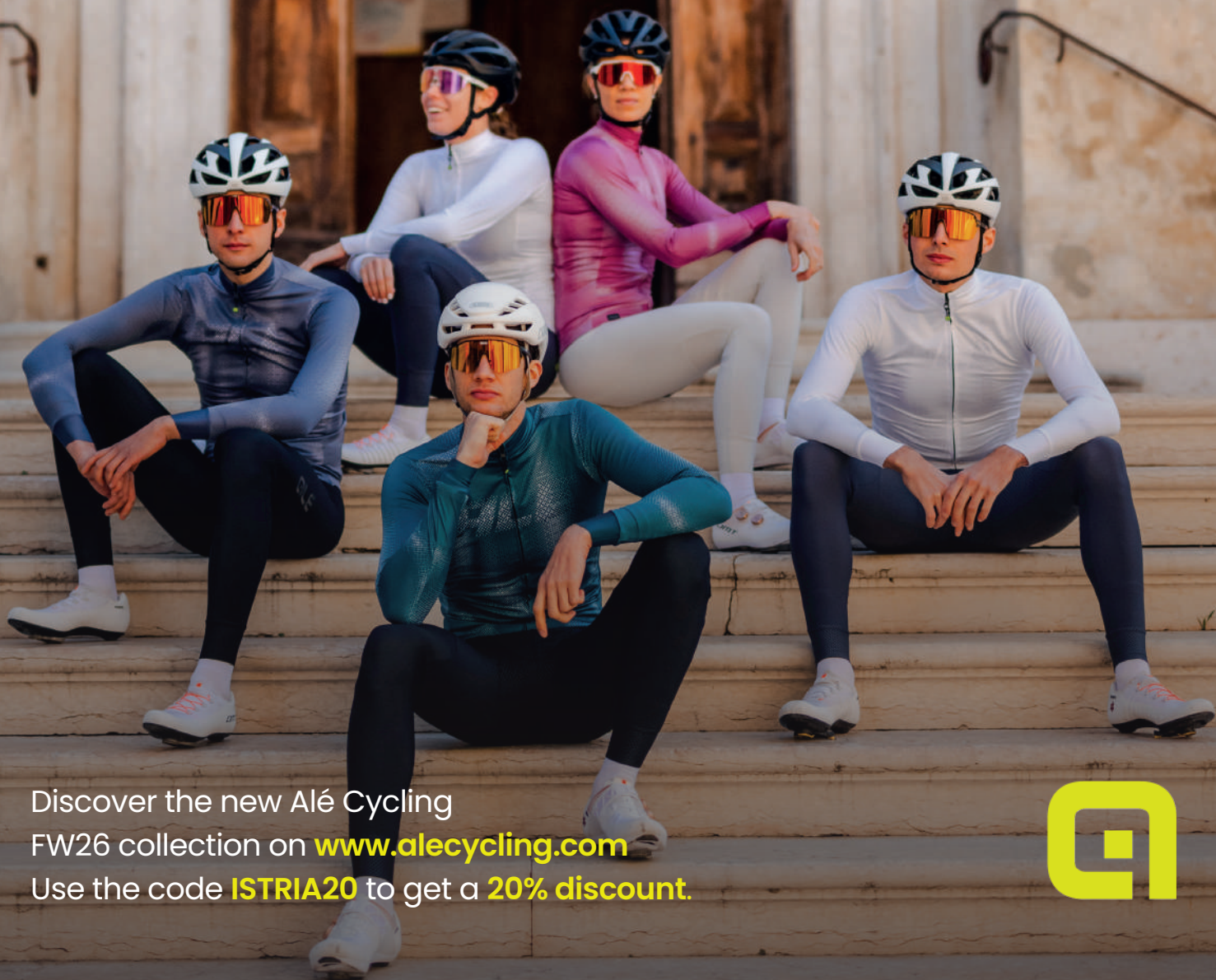
For opening hours of the Istria300 Merchandise, see the program on page 18.

You can exchange jerseys and pre-sale merchandise at the Istria300 Merchandise Tent while supplies last. Please refer to the program on page 18 for exact opening times.



FALL WINTER COLLECTION

THE COLD DOESN'T GO ANYWHERE

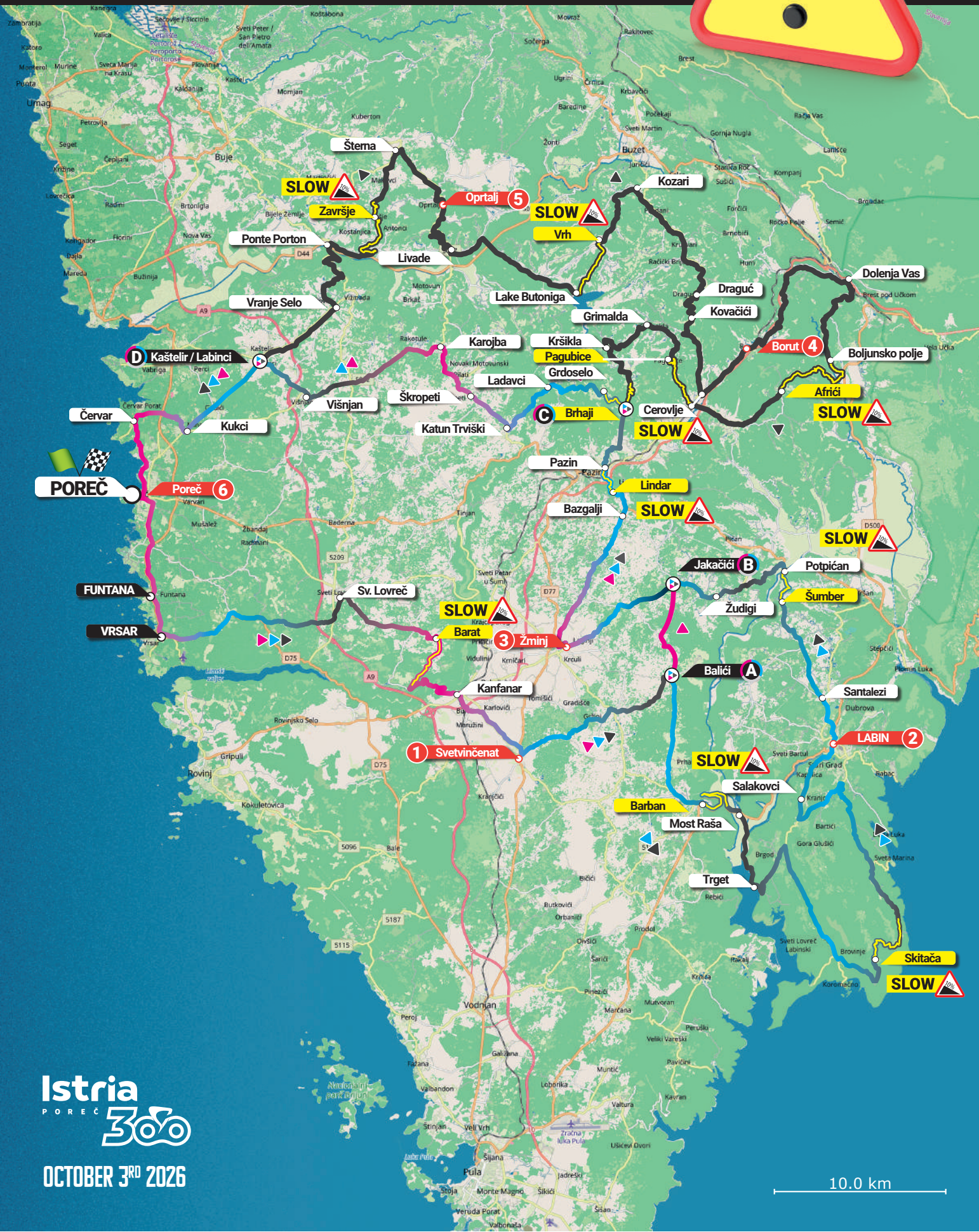


Discover the new Alé Cycling
FW26 collection on www.alecycling.com
Use the code **ISTRIA20** to get a **20% discount**.



Dangerous spots

SLOW





dawn patrol



 **Klagenfurt**
 **Poreč**
 **Lieboch**



DATE

every Friday



DISTANCE

ca. 50 km



PARTICIPATION

free



**MEETING
POINTS**

Klagenfurt

Wilsonstraße 25

Lieboch

Packerstraße 69

Poreč

Bike Center Poreč

by **SCHWIMM
AKTIV**

**BIKE
CENTER
POREČ**



 **dawn
patrol**

Hotels, Resorts
& Camping Resorts

Croatia Istria, Dubrovnik,
Krk Island, Rab Island,
Makarska, Hvar Island
Austria Obertauern



Holiday
as you
are



VALAMAR

Whether it's sandcastle days by the sea, snowy mountain adventures, quiet moments for two, or a touch of nature under the stars – we're here to make the holiday you dream of come true.

www.valamar.com